

Carlsbad Paradise Café by the Sea

March 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Menu subject to change</p> <p>Reservations: 760-602-4655</p> <p>** = 500+MG * = 300-500 MG Sodium</p>	 <p>Bingo Tuesdays, 1 p.m. in Auditorium</p>	<p>Monthly Movie March 8th</p> 	<p>1</p> <p>Chili Con Carne* Baked Potato Sour Cream, Cheese Scallions Raw Broccoli Cornbread Cantaloupe</p>	<p>2</p> <p>Eggplant & Zucchini Parmesan* Meat Sauce Spinach Salad with Carrots Garlic Bread Fresh Fruit</p>
<p>5</p> <p>Chicken Marsala Rice Grilled Zucchini Caesar Salad Garlic Bread Mandarin Oranges</p>	<p>6</p> <p>Swedish Meatballs* Bowtie Pasta Peas & Carrots Spinach Salad with Oranges & Cranberries Chocolate Pudding</p>	<p>7</p> <p>Roast Pork Gravy Mashed Potatoes Sauerkraut* Wheat Bread Ice Cream with Berries</p>	<p>8</p> <p>BBQ Chicken Coleslaw Roast Sweet Potatoes Corn, Dinner Roll Fresh Fruit Monthly Movie: "The Soloist" 1 p.m. in Auditorium 3 p.m. in TV Lounge</p>	<p>9</p> <p>Fish Florentine With Béchamel Sauce Spinach, Yellow Rice Tomato Gratin Apple Strudel <u>Alternate Salad</u> Asian Chicken Salad Carrots, Mandarins</p>
<p>12</p> <p>Chicken with Mushrooms Rice, Peas & Carrots Mixed Green Salad Biscuit Pineapple</p>	<p>13</p> <p>French Dip** Au Jus, Horseradish Rosemary Potatoes Three Bean Salad French Roll, Pears Armchair Theater: "The Return of the Black Panther" 1 & 3 p.m. in TV Lounge</p>	<p>14</p> <p>Pork with Apple Chutney Potato Gratin California Vegetables Rye Bread Chocolate Pudding</p>	<p>15</p> <p>Meat Loaf Mashed Potato Mushroom Gravy Sweet Corn Caesar Salad Wheat Bread Ice Cream with Berries</p>	<p>16</p> <p>Corned Beef & Cabbage Parsley Potatoes Carrots, Rye Bread Special Dessert <u>Alternate Salad</u> Tuna Salad Plate St. Patrick's Day Special Menu</p>
<p>19</p> <p>Beef Stew Carrots, Onions, Celery Parsley Potatoes Coleslaw Wheat Bread Apple Sauce</p>	<p>20</p> <p>Salisbury Steak Garlic Mashed Potatoes Gravy, Peas & Carrots Stewed Tomatoes Biscuits, Peaches Armchair Theater: "The Shack" 1 & 3 p.m. in TV Lounge</p>	<p>21</p> <p>Philly Chicken on a Roll Sautéed Mushrooms Peppers & Onions Provolone Cheese Steak Fries, Tossed Salad Ice Cream with Pears</p>	<p>22</p> <p>Minestrone Soup Open Faced Italian Hoagie Sandwich Cole Slaw Crackers* Fresh Fruit Kitchen Repairs Start</p>	<p>23</p> <p>Tomato Basil Soup Grilled Cheese Sandwich* Potato Salad Crackers* Pineapple Kitchen Repairs End</p>
<p>26</p> <p>Spaghetti & Meatballs* Marinara Sauce Parmesan Italian Vegetables Garlic Bread Orange</p>	<p>27</p> <p>Ginger Chicken Rice, Sesame Green Beans & Carrots Asian Cabbage Salad Fresh Fruit Fortune Cookie Armchair Theater: "Beautiful Fantastic" 1 & 3 p.m. in TV Lounge</p>	<p>28</p> <p>Texas BBQ Beef Roast Sweet Potatoes Corn Fruited Slaw Garlic Bread Chocolate Pudding <u>Alternate Salad</u> Caesar Chicken Salad Carrots</p>	<p>29</p> <p>Stuffed Peppers Marinara Sauce Penne Pasta Zucchini Caesar Salad Garlic Bread Vanilla Pudding</p>	<p>30</p> <p>Paprika Chicken Rice, Peas Broccoli Salad Mandarin Ice Cream </p>



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For information call: 760-602-4650

The Carlsbad Senior Center serves nutritious, “hot” meals Monday through Friday in our Dining Room. The requested donation for seniors, who are **ages 60 and up**, is \$3.50—**you need not be a city of Carlsbad resident to dine**. A \$5 lunch fee applies to **non-senior guests** of seniors. Advance reservations can be made in person, by calling **760-602-4655**. Please tell us which day(s) you will be attending lunch and leave your full name and phone number. Cancellations can be made by calling **760-602-4655**.

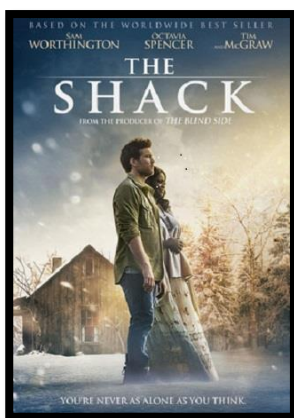
Dining room seating is available at 11 a.m. and lunch is served promptly at 12 noon. You may **forfeit** your lunch reservation if you do not check-in prior to 11:45 a.m. We also deliver home meals Monday through Friday to homebound seniors living in Carlsbad, for a requested donation of \$4. In addition, frozen meals are available for the weekend and will be delivered on Fridays. For more information, call **760-602-4650**.

Transportation for lunch to and from the Carlsbad Senior Center is available Monday through Friday to Carlsbad seniors, ages 60 and up, and who are unable to drive. Transportation for medical appointments is provided Tuesdays, Thursdays and Fridays. Appointments must be made in advance.

For all transportation reservations, call **760-602-4650**.

Wednesdays, transportation is available for shopping. Call **760-602-4650** for schedule and reservations. Special transportation options are available every Tuesday for lunch & Bingo, as well as the 2nd Thursday of each month for lunch and our **free** monthly movie.

No eligible person will be denied a meal or transportation because of failure or inability to contribute. This program is supported by the City of Carlsbad and the Older Americans Act through San Diego County Aging & Independence Services.



MARCH SENIOR SPECIALS

3/1	8:30 a.m. to 4 p.m. Tuesdays & Thursdays. 1:30 to 3:30 p.m.	AARP tax assistance for adults 50+ . Call 760-602-4650 or drop by the front desk to schedule an appointment. Monthly Dance: The Billy Harper Band, sponsored by Las Villas de Carlsbad. \$4.
3/7	9:45 TO 11:30 a.m. 10 a.m. to 12 noon	Carlsbad Newcomers host – Sadler Buck - San Dieguito River Valley Conservancy Discussion: The 70 mile Coast to Crest Trail, a world-class natural resource at our back door. NEW! Ask the Pharmacist. Call 760-602-4650 or drop by the front desk to schedule an appointment.
3/8	1 p.m. 3 p.m.	Monthly Movie: “The Soloist” - Auditorium Monthly Movie: “The Soloist” - TV Lounge
3/12	1 to 2:30 p.m. 1:30 to 3 p.m.	Book Club: “The Tea Girl Hummingbird Lane,” by Lisa See Morningstar Financial Education Lecture: Fund of the Month
3/13	1 and 3 p.m.	* Armchair Theater: Classic Movie Day! “The Return of the Pink Panther”
3/14	1:30 to 3 p.m.	Seminar: How to Defuse Your Emotional Triggers
3/19	1 to 2:30 p.m.	Morningstar Financial Education Lecture: Mutual Fund Investing Basics
3/20	1 and 3 p.m.	* Armchair Theater: “The Shack”
3/21	10 to 11:15 a.m. 1 to 2:30 p.m.	Photoshop Elements – Guided Edits Apple’s Photos App – Editing NEW!
3/28	10 to 11:15 a.m. 1 to 2:30 p.m.	Photo Books Made Easy Snapseed – Mobile Photo Editing NEW!
3/26	1:30 to 3 p.m.	Morningstar Financial Education Lecture: The Morningstar Monthly Reader
3/27	10:30 to 11:30 a.m. 1 and 3 p.m.	* Seminar – Successful Aging in Place - Futureproof: Adapting Your Home to Changing Needs * Armchair Theater: “This Beautiful Fantastic”

* Requires reservations